



# GOLDEN MOMENTS

Volume 7, Issue 4

April 2006

## SPOTLIGHT ON OUR LIVELY NINETIES FOLK— SHARING HEARTWARMING MEMORIES WITH US



Martina

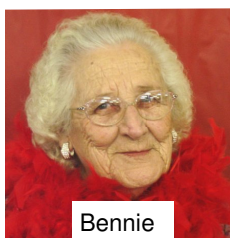
Martina Gaines was born on 12/30/1909 in Sharptown, Maryland which is now called Sandiego, Md. One of her earliest memories is when, at the age of 5, she was pumping water

and the pump handle hit her in the face and knocked her out. Her dad had a Model "T" Ford, but she never owned a car until she was grown and married. She married Wilbert Gaines in 1936, and was married for 32 years before he passed away. They have one daughter, four grandchildren, six great-grandchildren, and one great, great grandchild! She has lived in NC since 1996. Martina attends East Hickory Seniors' Morning Out.



Lawrence was born 4/26/1914 near Springfield SC in Orangeburg County. In 1918 his family moved 12 miles to a farm in the Kitchings Mill community in Aiken County, South Carolina where he grew up. He graduated during the depression, when there were no jobs available to graduates and so he took a business course at home while helping his father on the farm. He also did WPA work until he was hired in 1936 by the SC Highway Dept. Map program. He was employed with them for 37 years. He met his wife Virlee in 1937 while she was in Nurses' training and they married in 1942. They lived in Columbia, S.C. where they reared two wonderful daughters, Sheryl and Marsha. Virlee was in charge of Health Services at Columbia College where both daughters graduated. They both went on to get their PhD's at the University of Georgia. In the 1960's Lawrence became involved in Genealogy and published a history of his family. In 1974 they sold their home in Columbia and built one near Chapin, S.C. where they lived until Virlee's death in 2002. He states that they had 60 years of a happy marriage and he needed to be near one of his daughters, so he moved to Hickory. Lawrence attends East Hickory Seniors' Morning Out.

Bennie Isenhour has attended Seniors' Morning Out since the first day it started. She has seen many people come and go but says it has been a good crowd. "If not for this program, I would have no place to go." Bennie really enjoys coming and still drives herself every day. Bennie expressed her Thanks to everyone that makes this



Bennie

program possible. She attends the Catawba Seniors' Morning Out.

Ruth Wilson, age 90 learned to drive a car at the age of 10-the same month the car burned up. She graduated in 1935, when high schools only went to 11th grade. Ruth worked in a glove factory. She enjoyed her vacations to the Bad Lands of South Dakota and to Hawaii. She has one son, two grandchildren and one great-granddaughter. Her advise to kids of today? "Be good, go to church and listen to your parents." Ruth attends the Newton Seniors' Morning Out.



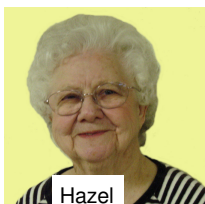
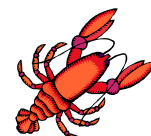
Ruth



Roy

Roy Hartis, 93 years young, remembers spending the summer cutting wood with his cousin, they sold a load of wood in Charlotte for \$4.00 (this was a horse drawn wagon load). He thinks it was 7 miles from the farm to Charlotte.

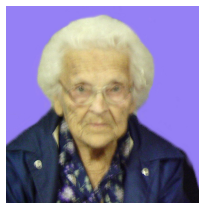
Roy remembers his Daddy bought a 1924 Model T Ford for \$250. His Daddy passed away when he was 15, so he had to quit school and get a job at the hosiery mill where his sister worked. He recalls his teacher Fannie Henderson, and that doctors made house calls in horse drawn buggies. Ray attends the Newton Seniors' Morning Out.



Hazel

Hazel Douglas, age 91, grew up in a family of seven. At age five, she remembers playing in the creek and got in trouble—played with the crawdads. By the time she was ten she was in school and also picked cotton, took the worms off of tobacco plants and had to milk two cows before breakfast.

Hazel went to school in a two room school house where the boys cut the wood and the girls carried it in. She was 20 years old when she got married, has one son and three step-grandchildren. She worked at hosiery mills in Hickory, Nimo Mills, Carolina Mills and also at Abernathy. Her advice to kids today: "Go to church, be good to your Father and Mother." To parents today: "Be real honest and build a trust between you and your children." She also shared that it used to be that "Parents told you one time and that was it." Hazel attends Newton Seniors' Morning Out.



Aileen Simmons, age 91, was one in a family of eleven children, all lived except one. At two years old, she remembers the bad flood of 1916, her baby brother was born 6/16/16. Aileen remembers trips in a covered wagon from Fallston to Newton to see their grandparents-the kids would ride awhile then walk awhile-the trip took all day.

She worked in cotton fields picking cotton, worked in the Fallston General Store where you bought everything you needed. Aileen married in 1946, raised three daughters and has seven grandchildren and ten great-grandchildren. Her advice to kids today: "Do what they are supposed to do and do it right." Aileen also has some advice to parents: "Be understanding." Aileen attends Newton Seniors' Morning Out.

## LAUGHTER IS THE MUSIC OF LIFE

Humor is comprised of three components:  
Wit, Mirth and Laughter.

- Wit is the cognitive experience
- Mirth is the emotional experience
- Laughter is the physiological experience

Research on therapeutic humor is lacking; most of the research is actually done on laughter. Is it possible that laughter, like other positive emotions (such as love, hope, faith and confidence), has a therapeutic value?

The Bible tells us that a merry heart works like a doctor.

Norman Cousins says, "Hearty laughter is a good way to jog internally without having to go outdoors." He found that 10 minutes of genuine belly laughter had an anesthetic effect and provided him with at least two hours of pain-free sleep.

Something special happens when people laugh together over something genuinely funny and not hurtful to anyone. It's like a magic rain that showers down feelings of comfort, safety, and belonging to a group.—  
**Mary Jane Belfie**~~~Laughter is like changing a baby's diaper. It doesn't permanently solve any problems, but it makes things more acceptable for a while.—  
**Anonymous**~~~Laughter is the shortest distance between two people—  
**Victor Borge**~~~What Soap is to the body, laughter is to the soul.—  
**Yiddish proverb**~~~  
Laughter is an instant vacation—  
**Milton Berle** ~~~~~Laughter is contagious-start an epidemic—  
**Susan Thurman**

SENIORS' MORNING OUT  
WILL BE CLOSED,  
FRIDAY, APRIL 14 IN  
OBSERVANCE OF  
GOOD FRIDAY

### JUST FOR LAUGHS WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | R | S | R | E | G | G | I | N | S | H | G | G | G | S |
| O | N | C | H | O | R | T | L | I | N | G | U | N | N | N |
| P | S | I | C | O | E | E | R | O | C | U | F | I | I | O |
| V | U | R | R | L | U | A | T | H | U | A | F | L | W | R |
| C | O | K | K | E | H | T | O | T | D | L | A | G | O | T |
| W | H | C | C | E | T | R | I | T | I | M | W | G | R | I |
| G | A | U | D | A | T | T | N | N | E | T | I | I | C | N |
| C | N | R | C | L | R | E | I | R | G | Z | N | G | Z | G |
| M | A | I | E | K | M | C | R | T | G | I | G | G | L | E |
| H | I | P | R | E | L | I | E | L | K | C | U | H | C | I |
| T | Z | R | S | A | M | I | J | S | N | I | C | K | E | R |
| I | F | U | T | E | O | G | N | I | C | I | O | J | E | R |
| F | M | F | N | H | J | R | D | G | E | S | T | U | R | E |
| A | M | T | H | I | L | A | R | I | T | Y | E | E | L | G |
| K | E | I | R | H | S | G | N | I | L | W | O | H | A | G |





### WORD LIST

AMUSEMENT, CACKLE  
CHORTLE, CHORTLING  
CHUCKLE, CHUCKLING  
CRACKUP, CROW,  
CROWING, FIT,  
GESTURE, GIGGLE  
GIGGLING, GLEE,  
GUFFAW, GUFFAWING,  
HARDEHAR, HILARITY,  
HOWLING, LAUGH,  
MERRIMENT, MIRTH  
REJOICING, ROAR,  
ROARING, SHOUT,  
SHOUTING, SHRIEK  
SNICKER, SNIGGER,  
SNORT, SNORTING,  
TITTER, TITTING

# EAST HICKORY SENIORS' MORNING OUT APRIL 2006

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <b>3</b><br>WALKING 9:00<br>PARTNERS IN<br>WELLNESS<br>9:45  | <b>4</b><br>Walking 9:00<br>BINGO 9:50<br><br><b>B</b>   | <b>5</b><br>WALKING 9:00<br>THE COMEDY<br>SHOW 9:45  | <b>6</b><br>WALKING 9:00<br>BINGO 9:50<br><br><b>I</b>   | <b>7</b><br>WALKING 9:00<br>APRIL FOOL'S<br>ANAGRAM 9:45   |
| <b>10</b><br>WALKING 9:00<br>PARTNERS IN<br>WELLNESS<br>9:45 | <b>11</b><br>WALKING 9:00<br>BINGO 9:50<br><br><b>N</b>  | <b>12</b><br>WALMART DAY<br>EASTER WORD<br>SEARCH 10:00                                      | <b>13</b><br>EASTER EGG<br>HUNT<br>@ WEST<br>HICKORY<br><br> | <b>14</b><br>CLOSED<br>FOR<br>GOOD<br>FRIDAY   |
| <b>17</b><br>WALKING 9:00<br>PARTNERS IN<br>WELLNESS<br>9:45 | <b>18</b><br>WALKING 9:00<br>BINGO 9:50<br><br><b>G</b>  | <b>19</b><br>WALKING 9:00<br>SPRING HAT<br>DAY<br>CONTEST 10:00<br>BLOOD PRES-<br>SURE CHECK | <b>20</b><br>WALKING 9:00<br>BINGO 9:45<br><br><b>O</b>  | <b>21</b><br>WALKING 9:00<br>GAMES<br>PEOPLE<br>PLAY 9:45  |
| <b>24</b><br>WALKING 9:00<br>BINGO 9:50                      | <b>25</b><br>WALKING 9:00<br>PENNY ANTE<br>9:50<br><br> | <b>26</b><br>WALMART DAY<br>BRAIN FOOD<br>10:00  | <b>27</b><br>WALKING 9:00<br>BINGO 9:45  | <b>28</b><br>WALKING 9:00<br>WHAT WHERE<br>AND WHEN<br>9:45<br><br> |

# WEST HICKORY SENIORS' MORNING OUT APRIL 2006

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <b>3</b><br>9:15— EXERCISE W/<br>SWEET PEA<br><br>10:00—BIBLE<br>STUDY W/<br>REV. GRUMBLING                | <b>4</b><br>9:15— EXERCISE W/<br>SWEET PEA<br><br>10:15 BINGO<br><br><b>B</b>                                  | <b>5</b><br>WALMART<br>SHOPPING<br>10:00 PINTOS-A-<br>PLENTY<br>BEAN GAME<br><br>WORD SEARCH | <b>6</b><br>10:00 INFO ON<br>FOOD STAMPS<br>W/ PHYLLIS<br>LEHMAN<br><br>WORD SEARCH   | <b>7</b><br>9:15 EXERCISE W/<br>SWEET PEA<br><br>10:15 BINGO<br><br>                   |
| <b>10</b><br>9:15 EXERCISE W/<br>SWEET PEA<br><br>10:00 HYMN SINGING<br>W/ REV. GRUMBLING<br>& MABLE GABOR | <b>11</b><br>9:15— EXERCISE W/<br>SWEET-PEA<br><br>B.P. CHECK<br><br>10:15—BINGO<br><br><b>I</b>               | <b>12</b><br>10:00 PINTOS-A-<br>PLENTY<br>BEAN GAME<br><br>WORD SEARCH                       | <b>13</b><br>9:30 EASTER EGG<br>HUNT<br>W/ MS. BUNNY<br>HERSELF<br><br>           | <b>14</b><br>CLOSED<br>FOR<br>GOOD<br>FRIDAY  |
| <b>17</b><br>10:00 TRAVEL<br>ADVENTURE:<br>THE HOLY LAND<br><br>WORD SEARCH                                | <b>18</b><br>9:15 EXERCISE W/<br>SWEET PEA<br><br>10:15 BINGO<br><br><b>N</b>                                  | <b>19</b><br>WAL MART<br><br>10:00<br>PINTOS-A-PLENTY<br>BEAN GAME<br><br>WORD SEARCH        | <b>20</b><br>10:00<br>OLD MOVIE<br>AND<br>POP CORN<br><br>WORD SEARCH   | <b>21</b><br>9:15 EXERCISE W/<br>SWEET PEA<br><br>10:15 BINGO<br><br><b>G</b>   |
| <b>24</b><br>9:15 EXERCISE w/<br>SWEET PEA<br>10:00<br>A DAY IN THE<br>LIFE OF .....<br>A MISSIONARY       | <b>25</b><br>9:15 EXERCISE W/<br>SWEET PEA<br><br>10:15 BINGO<br>VOLUNTEER<br>APPRECIATION DAY<br><br><b>O</b> | <b>26</b><br>10:00 PINTOS-A-<br>PLENTY<br>BEAN GAME<br><br>WORD SEARCH                       | <b>27</b><br>9:30 BIRTHDAY CELE-<br>BRATION<br>"ELVIS IS IN THE<br>HOUSE"<br><br> | <b>28</b><br>9:15 EXERCISE W/<br>SWEET PEA<br>10:15 BINGO<br><br>WORD SEARCH<br><br> |





# APRIL MENU



## MONDAY, 4/3

PORK RIBLETS  
SLICED CARROTS  
CUCUMBER SALAD  
SCALLOPED POTATOES  
ROLL  
ANGEL FOOD CAKE  
MILK



## TUESDAY, 4/4

CHICKEN TENDERS  
PEAS W/ONIONS  
ROSEY APPLESAUCE  
CORN COBBETTE  
ROLL  
HONEY MUSTARD  
MARGARINE  
VANILLA WAFERS  
MILK

## WEDNESDAY, 4/5

ROAST BEEF W/CHEESE  
LETTUCE LEAF  
TOMATOES  
BROCCOLI SALAD  
WHEAT BREAD  
MAYONNAISE  
CHOCOLATE DELIGHT  
MILK

## THURSDAY, 4/6

CUBED PORK W/GRAVY  
GREEN BEANS  
ORANGE/PINEAPPLE  
JUICE  
SWEET POTATO  
ROLL  
MARGARINE  
SUGAR COOKIE  
DIET-SUGAR FREE  
SHORT BREAD COOKIE  
MILK

## FRIDAY, 4/7

BEEF-A-RONI  
MIXED VEGETABLE  
BAKED APPLES  
ROLL  
JELLO  
MILK



## MONDAY, 4/10

CHICKEN SALAD  
COPPER PENNIES  
COLESLAW  
CRACKERS  
SLICED PEARS  
MILK



## TUESDAY, 4/11

CUBED STEAK W/GRAVY  
SQUASH CASSEROLE  
WHIPPED POTATOES  
ROLL  
CHERRY COBBLER  
DIET-SUGAR FREE  
CHERRY COBBLER  
MILK

## WEDNESDAY, 4/12

CHICKEN LEG  
QUARTERS  
GREEN BEANS  
SCALLOPED POTATOES  
ROLL  
STRAWBERRY SHORT-  
CAKE  
DIET-SUGAR FREE  
STRAWBERRY SHORT-  
CAKE  
MILK

## THURSDAY, 4/13

SLICED BAKED HAM W/  
PINEAPPLE SAUCE  
PEAS & CARROTS  
GRAPE JUICE  
POTATO SALAD  
ROLL, MARGARINE  
WHITE CAKE W/JELLY  
BEANS



## FRIDAY, 4/14

**CLOSED  
FOR  
GOOD  
FRIDAY**

## MONDAY, 4/17

SMOTHERED CHICKEN  
BREAST  
BROCCOLI CASSEROLE  
WILD RICE  
ROLL  
FRUIT COCKTAIL  
MILK

## TUESDAY, 4/18

CHEESEBURGER W/RAW  
ONION  
COLESLAW W/CARROTS  
BAKED BEANS  
BUN  
MUSTARD  
WATERMELON  
MILK

## WEDNESDAY, 4/19

BAKED PORK CHOP  
GREEN PEAS  
COLD APPLESAUCE  
MACARONI & CHEESE  
ROLL  
GRAHAM CRACKERS  
MILK

## THURSDAY, 4/20

SALMON PATTIES  
GREEN BEANS  
HASHBROWN  
CASSEROLE  
ROLL  
TARTAR SAUCE  
FRESH FRUIT  
MILK

## FRIDAY, 4/21

CHEF SALAD W/HAM,  
TURKEY, EGGS, CHEESE  
COLD BEETS  
PINEAPPLE SLICES W/  
COTTAGE CHEESE  
CRACKERS  
FRENCH DRESSING  
PEANUT BUTTER  
COOKIES  
DIET-SUGAR FREE  
VANILLA CRÈME  
COOKIES  
MILK



## MONDAY, 4/24

MEATBALLS W/GRAVY  
TURNIP GREENS  
RICE  
ROLL  
FRUIT SALAD  
MILK

## TUESDAY, 4/25

TUNA SALAD  
SHREDDED LETTUCE  
SLICED TOMATO  
MACARONI SALAD  
WHEAT BREAD  
MAYONNAISE  
FRESH MELON  
MILK

## WEDNESDAY, 4/26

CHICKEN FILLET  
COLESLAW W/CARROTS  
WHOLE POTATOES  
ROLL  
PEACH COBBLER  
DIET-SUGAR FREE  
PEACH COBBLER  
MILK

## THURSDAY, 4/27

PULLED TURKEY W/  
GRAVY  
BROCCOLI CASSEROLE  
CRANBERRY SALAD  
ROLL  
CHOCOLATE PUDDING  
BIRTHDAY CAKE  
MILK



## FRIDAY, 4/28

ROAST PORK W/GRAVY  
PEAS & CARROTS  
PEAR SALAD  
SWEET POTATO W/  
MARSHMALLOW  
STUFFING  
OATMEAL COOKIE  
DIET-SUGAR FREE  
CHOCOLATE CRÈME  
COOKIE  
MILK